

Are YOU ready to get started on a PATH to BETTER HEALTH through NUTRITION?

Registered Dietitian, CARMEN ROBERTS, is available for FREE, VIRTUAL NUTRITION CONSULTATIONS via phone or videoconference.

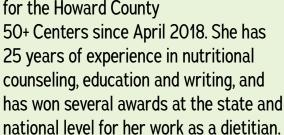
During your personal, 30-minute session, Carmen can answer questions about diet, nutrition, and the impact of food on your health, as well as address any other health or nutrition concerns.

POTENTIAL TOPICS TO DISCUSS:

- weight management
- diabetes
- · cardiovascular disease
- · food allergies
- healthy eating habits

Register at https://bit.ly/30qKZgj for your Virtual Nutrition Consultation

Carmen Roberts, MS, RD, LDN, has been serving as the Consulting Nutritionist for the Howard County



Carmen enjoys teaching the local community about the role of nutrition in health, wellness and chronic disease prevention.

Howard County Office on

Aging and Independence

Department of Community Resources and Services

INFO Cheryl Campbell

TELE 410-313-0387 (VOICE/RELAY)

EMAIL chcampbell@howardcountymd.gov